

JANUARY - FEBRUARY 2016 | PROGRAMS, SERVICES AND ACTIVITIES

SENIOR CENTER

Activity 50+



fun
MORE THAN YOU IMAGINED

Hours: Mon-Fri 8am-5pm | Extended Hours Mon-Thu 5pm-9pm
253-931-3016 | www.auburnwa.gov/seniors

AUBURN
MORE THAN YOU IMAGINED



VALENTINES DAY

LUNCH & DANCING

Feb 12

F

11:30A

50072

Spend this day of love with a special person in your life. All are encouraged to invite a special guest to lunch ie., daughter, son, friend, neighbor or your sweetheart. Entertainment will be provided by "Country Fever".

Pre-purchase tickets at the front desk.

Cost: \$3 suggested donation
Under 60 years of age \$6.



Be my Valentine



I ♥ U

MORE ^{fun} THAN YOU IMAGINED

Happy New Year! Have you set any resolutions yet? Here are a few we suggest.

BE PATIENT WITH YOURSELF AND OTHERS

Change can be difficult, but it can also be very beneficial. It takes time to learn something, change a bad habit or develop a healthy habit. As we enter the New Year, we have implemented a new computer registration system. This includes on line registration. Please be patient with staff and office volunteers as we learn the new system. All participants will have to update and confirm their personal data when registering for the first time. Those of you who register on line should have received an explanatory email in late December explaining how to update your password. See Rocky if you have any questions.

FILL OUT A 2016 REGISTRATION CARD

Completed cards on file are for your well being. The information is used in case of an emergency while you are at the center or on a center sponsored outing.

TRY SOMETHING NEW

We have lots of programs for you to try. Pick one and you will be on your way to a fun new year.

- Country skiing or snow shoeing (page 5)
- See a live theater production (page 5)
- Visit a place you have never been before (page 4)
- Enjoy lunch prepared by a Culinary Arts Student, who knows they may be the next "Top Chef" (page 4)
- Invite a friend to the Valentine's Day lunch and dance (page 10)
- Learn how to get started with writing your memoirs (page 14)
- Register for a Silver Sneakers exercise class (page 12)
- Join the Contemporary Concerns class, the upcoming presidential election will be a topic covered. (page 15)
- Save money by shopping at the Senior Savers Pantry (page 19)
- Get a massage – you deserve it! (page 20) learn to paint (page 15)
- Learn how to use a new technical device. Tutors are willing and waiting to help you. (page 1)

Changes

Senior Information and Assistance is now Community Living Connections. See the inside back cover for complete details.

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Auburn Senior Activity Center

808 9th Street SE | Auburn, WA 98002

253-931-3016 | www.auburnwa.gov/seniors

Mon-Fri, 8am-5pm | Evening Hours: Mon-Thu, 5-9pm



Online You're First in Line

www.auburnwa.gov/play

Online Registration Is Easy!

- Set up your personal account.
- Search for your favorite classes and activities.
- Register online with our secure system.



Convenient

The flexibility to register and pay at your convenience, anytime, from anywhere.



Time-Saving

In less than five minutes, you can setup your account and enroll for your program.



Easy

Three simple steps, and you'll be enrolled in the program of your choice.



Eco-Friendly

You don't have to burn gas driving over to register in person, and it saves paper too.

Trips and tours

Dine Outs: Lunch & Dinner

BISCUITS CAFÉ-FEDERAL WAY (BRUNCH)

This local family owned café is sure to be good! Price Range: \$10-\$20

Jan 13 **W** **9:30A-11:30A** **\$7/\$9** **50006**

WAH KUE- BURIE

Some of the best Chinese food you can find in South King County. Wah Kue originally opened in Burien over 60 years ago.

Jan 20 **W** **4:30-7:30p** **\$7/\$9** **50007**

SPAGHETTI FACTORY-TACOMA

A meal at The Old Spaghetti Factory is an experience. They invest meticulous attention to their décor so guests feel as though they're stepping into another world. Every location is adorned with antique lighting, intricate stained glass displays and an old-fashioned trolley car that doubles as a dining hall. Price Range:\$10-\$20

Feb 10 **W** **4:30P-7:30P** **\$7/\$9** **50005**

ALHADEFF GRILL - SOUTH SEATTLE COMMUNITY COLLEGE

The Alhadeff Grill provides upscale dining for visitors to the South Seattle Community College campus in a bright, airy environment. A variety of starter and entrée courses provide numerous choices for a delicious lunch in this newly remodeled facility. Food is prepared by culinary arts students. Price Range is: \$8-\$15.

Feb 29 **M** **11:30a-2p** **\$7/\$9** **50008**

Items to Note:

- Please arrive 10 minutes prior to the trip departure time.
- Individuals taking trips or tours with the Senior Center need to complete a confidential form, which includes health insurance information, emergency contacts, medications taken, etc. Forms are sent with the escort on each trip so if there is a medical emergency, we can act effectively on your behalf.
- Those needing special assistance on any trip need to see staff regarding handicapped accessibility.

Senior Van Trips

SEATTLE HISTORIC CHURCH TOUR

Join us on a trip to some of Seattle's most historic churches. This trip will be walking intensive. Lunch will be on your own at local Seattle restaurant. Price Range: \$15-\$30

Jan 20 **W** **8a - 3:30p** **\$20/\$23** **50003**



NUCOR STEEL TOUR- WEST SEATTLE

Nucor is the largest steel producer in the US. Nucor is also North America's largest recycler of any material, recycling one ton of steel every two seconds. Tour requirements: please wear long pants (no shorts or skirts) and flat-bottomed, closed-toe, sturdy shoes with socks (no sandals, heels, etc., they provide hardhats, safety glasses, overcoats, and earplugs, requires over a mile of walking and ascending and descending several sets of stairs. We ask that everyone please consider if they are able to do this comfortably ahead of time, no pictures or video recording permitted on the tour, and a picture ID is required. Fee includes tour and transportation. We will have an independent lunch on the Alki waterfront after our tour.

Jan 22 **F** **8:45 a - 2:30p** **\$13/\$16** **50000**

FLYING HERITAGE COLLECTION - EVERETT

Visit the home of flying warbirds! The Flying Heritage Collection showcases the spectacular warbirds and technologies from 1935-1945, with exhibits that shine a light on the humanity at the home fronts of the warring nations. Set amidst a restored working hangar, visitors of all ages can get up close and personal to these treasures of the sky, and learn how innovators and innovations of the past led the way to modern aviation and aerospace technologies. Fee includes a docent led tour and transportation. We will have an independent lunch at the Diamond Knot Brewery after our tour.

Feb 3 **W** **9a - 3p** **\$23/\$27** **50001**

SEATTLE FOOD TOUR

Experience Seattle's best restaurants and hot spots. From appetizer to dessert, you will eat your way through Belltown, downtown Seattle, and Pike Place Market. Visit seven tasting locations, including 5 restaurants with a bonus stop at the renowned "truffle cafe," where Seattle chefs source fresh truffles and aged balsamic vinegars. At the last stop, cap off your evening with authentic Italian gelato and coffee. Enjoy a relaxed pace and comfort of sitting down at nearly every other stop of this restaurant-focused food and cultural tour. 18+ tastings, including four wine and cocktail pairing, Cuisine from Iron Chef and James Beard award winners, Personal attention from chefs, owners, and artisans. This trip will be walking intensive through the streets and hills of Seattle.

Feb 25 Th 12:30p-5:30p \$105/\$110 50009

Cultural Corner**CRIMES OF THE HEART-VILLAGE THEATER**

Winner of the 1981 Pulitzer Prize for Drama, this Southern gothic comedy tells the plight of three sisters in 1975 rural Mississippi. Babe has just shot her husband, apparently because she didn't like his looks. Meg is back in town after a failed attempt in the music business. And poor Lenny – in the midst of it all, everyone has neglected her 30th birthday. Thrown back together for the first time in years, these dysfunctional sisters are forced to find a way to change their luck and repair their family, as well as their lives. Honest, with a healthy dose of witty humor, Crimes of the Heart is a moving portrait of family love. Dinner will be on your own at local Issaquah restaurant. Price Range: \$15-\$30

Jan 27 W 4:30p-10:30p \$72/\$77 50010

HOW TO SUCCEED IN BUSINESS WITHOUT REALLY TRYING- 5TH AVE

From the corporate offices and the typing pools of the 1960's - think Mad Men – to the modern cubicle wars of today, this hysterical satire of Big Business is comedy at its finest. Join the "Brotherhood of Man" attending How to Succeed in Business without Really Trying and do it the "Company Way!" This Pulitzer Prize-winning musical by Frank Lesser is office intrigue at its funniest, complete with some killer high-kicking choreography! Tickets are located in the orchestra section. Fee includes ticket and transportation. We will have an independent dinner preceding the show at the Rock Bottom.

FEB 17 W 4-10:30P \$72/\$77 50011

Outdoor Adventures

Outdoor Adventures are not handicap accessible

CROSS COUNTRY SKIING AT SNOQUALMIE

Want to learn how to Cross Country Ski or go on a Cross Country Ski trip? Come with us to the Nordic Center on Snoqualmie Summit as we get a group lesson then free time after to explore the beautiful trails on the Summit. Price includes group lesson, trail pass, and rentals. Lunch is on your own at the lodge.

Jan 15 F 8:30a 4p \$68/\$73 50019

SNOWSHOEING SNOQUALMIE PASS

Outdoor enthusiasts will enjoy this Forest Service guided snowshoeing tour through the snow covered Cascade Mountains. We will snowshoe 3-5 miles, w/ 800 to 1000 feet of elevation gain. If this were a hike it would be rated a 3+. You will need to wear layered and insulated clothing, hats, gloves and sturdy waterproof boots for the snowshoes. No jeans or cotton. A day pack w/ extra clothes are required. Please bring a sack lunch. The Forest Service provides snowshoes. Fee includes snowshoes, tour and transportation.

Feb 5 F 8:30a - 4:30p \$35/\$39 50018

**CROSS COUNTRY SKIING**

Red Hat Society: **Auburn Mad Hatters**

Thursday January 14

We will play BUNCO at the Senior Center. All are invited to come and have fun from 12:00 to 2:30pm. Lunch at the Senior Center is at 11:30am. If you would like to have lunch prior to playing BUNCO, they will have a separate table for Red Hatters. Cost of lunch is on your own. No experience necessary to play BUNCO. It is easy to learn and lots of fun. Please let me know if you are planning on the lunch before BUNCO so I can advise the kitchen.

Tuesday February 23.

For February we will go to Red Robin for lunch and then to a movie of your choice at the Auburn Stadium 17. We will leave the senior center for lunch at 11:00 and that will give us plenty of time to have lunch and then go to a movie. Lunch and movie are on your own. Please let me know if you are coming so transportation can be arranged. Jerry Merriman jmerriman5@q.com phone (253) 752-6700



7 Night Hawaiian Cruise

Highlights:

- 4 Hawaiian Islands- Including Oahu, Maui, Kauai and the Big Island- Nearly 100 hrs at Port - Freestyle Cruising - Pre Cruise night stay in Honolulu

Norwegian Cruise Lines



Coming Fall of 2016

October 28- November 5 2016

Southern Charm

Highlights:

- St. Augustine • Jekyll Island • St. Simons Island • Savannah
- Factors Walk • Beaufort • Historic Charleston • Boone Hall Plantation

Experience true southern hospitality and charm in Georgia and South Carolina.



Per Person Rates:

Double: \$2,629, Single: \$3,329, Triple \$2,599

Departs April 14-20, 2016

Pool Tables

Open Pool Room: Monday-Friday

Except for Friday afternoons and Monday evenings during tournaments.

There is always hot competition in the pool room. Come and join the fun – all players are welcome.

Daytime Pool Tournaments

Tournaments have priority on all three tables.

Because of the popularity of tournaments, they often last several hours.

If you plan to participate, please be prompt.

Wednesday Pool Tournaments

2nd or 3rd Wednesday, please check pool room for exact date. At 1:30 p.m.: Scotch Doubles

\$1 donation suggested for refreshments

(sign up in Pool Room by 1 p.m.)

Friday Pool Tournaments

Fridays at 12:45 p.m. (sign up in Pool Room by 12:30 p.m.)

1st Friday: Open

2nd Friday: Men's 8-ball

3rd Friday: Open

4th Friday: Men's 9-ball

Evening Pool Tournaments

Mondays: Straight Pool 6-9 pm

(sign up in the Pool Room by 5:45 p.m.)

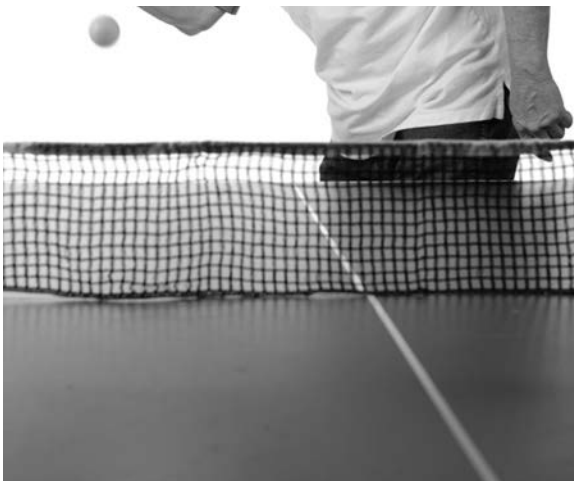
Tuesdays: Ladies Pool 6-9 pm

(sign up in the Pool Room by 5:45 p.m.)

Table Tennis

Players of all abilities are welcome to play this entertaining game on Tuesday afternoons.

Tuesdays, 2-4:30 p.m., Free



Gymnasium at Les Gove Park

Open Gym Schedule

The Gymnasium at Les Gove Park is adjacent to the Senior Center. Entrance to the gym is through the street side door.

Senior Volleyball:

Tuesday & Thursday: 9:30 - 11:30 a.m.

Volleyball & Basketball:

Tuesday & Thursday: 11:30 a.m. - 1 p.m.

Pickleball & Basketball:

Monday & Wednesday: 12 - 1:30 p.m.

Fees: \$2 Drop-in; \$10 Monthly Pass; \$25 Quarterly Pass

Wii Bowling

Wii Bowling is a fantastic game that anyone can play.

Players of all ability are welcome, no experience needed.

Please register as a team.

Only two members of the team will bowl per week, but you can have more than two on a team if you wish.

Registration deadline is January 13.

Starts January 20 W 9a-12p \$16/\$20 #44125



Free Swims at the YMCA

The Auburn YMCA, located at 1620 Perimeter Road SW, offers free swimming opportunities to City of Auburn residents.

PROGRAM	DAYS	TIME	DATES	POOL
Family Swim	Sun	5-6 p.m.	JAN 1-MAR 31	Both pools
Lap Swim	T & TH	8-9 a.m.	JAN 1-MAR 31	Three lanes
Water Aerobics	T & TH	9-10 a.m.	JAN 1-MAR 31	Limit 20

Hikes and walks



Hikes

PUGET PARK TO RUSTON WAY MILES: 6 RATE: 2

Hikers will begin their trip at Puget Park on Proctor Street. A trail through Puget Ravine ends on Ruston Way. Hikers will be able to visit the Pagoda then follow the waterside trail to Point Ruston. Lunch will be available from one of several recently opened restaurants. Hikers will then return through the ravine to the starting point. Most of the trail is paved and level. There is a hill from Proctor to Ruston way and there may be muddy spots in the ravine.

Jan 8 F 9a – 3:30p \$10/\$13 50012

FOOTHILLS TRAIL FROM SOUTH PRAIRIE TO ORTING MILES: 7 RATE: 2

This through hike will start at the South Prairie trail head on the Foothills Trail and continue to Orting. Along the trail hikers will get to enjoy the wetlands restoration sponsored by REI. Lunch will be available at one of several restaurants in Orting. Brown bags are always an option.

Jan 29 F 9a – 3:30p \$10/\$13 50013

BRIDLE TRAILS STATE PARK MILES: 5 RATE: 2

Bridle Trails State Park offers miles of trails shared by hikers and horses. The wooded trails make hikers feel far from civilization though it is close to the freeway. Although elevation gains are not huge the park offers definite ups and downs. Trails are likely to be muddy in spots.

Feb 12 F 9a – 3:30p \$10/\$13 50014

JOHN WAYNE TRAIL TO TWIN FALLS

MILES: 5 RATE: 2

Since the usual approach to Twin Falls was washed out several seasons ago the only option is to approach the falls from above. Starting at exit 38 hikers will follow the John Wayne Trail heading west. A side trail will lead to the falls overlook. Time and weather allowing hikers may also hike east along to trail to one of the trestles that used to carry trains over creek valleys.

Feb 26 F 9a – 3:30p \$10/\$13 50015





Walks

RUSTON WAY

MILES: 3

Walk along Ruston Way and the outer edges of Point Ruston, a mixed use development on the site of the old Asarco Smelter. Lunch options will be one of several recently opened restaurants in the retail section of the facility.

Jan 26 Tu 9:30a – 3:30p \$8/\$10 50016

FOOTHILLS TRAIL

MILES: 3

The Foothills Trail is a paved pedestrian and bike path stretching from north of Orting to South Prairie. Enjoy the section from the city of Orting as it follows the Carbon River. After the walk, plan to lunch out at one of several down town Orting restaurants.

Feb 23 Tu 9:30a – 3:30p \$8/\$10 50017



First Timer?

New to the Hiking/Walking Program?

Destinations vary throughout the year. Hikes range from 4-8 miles; walks are up to 3 miles. If you are new to walks and hikes with the Auburn Senior Activity Center, please pick up a Hiking/Walking Manual from the front desk or online on our senior website, for full details about what to expect. Also, please bring water, a sack lunch(unless otherwise noted) and be prepared to stop for a snack on our return trip home.

Waiting List

If you want to be notified when a hike/walk isn't full, please register for the Class #28761 to be added to the email list.



Hike Ratings

- 1** Paved and/or smooth trail surface; no significant hills; no more than 5 miles.
- 2** Moderate; sometimes paved; some hills; may be over 5 miles.
- 3** Some difficult terrain; substantial hills and/or steps; elevation gain under 1,200 feet. Walkers with health problems should use caution.
- 4** Difficult; steep hills; may be poorly maintained or very irregular; over 1,200 feet elevation gain; may be over 5 miles. Walkers with health problems should use caution.

Special events

IN CASE OF SNOW

Call the Senior Center to make sure we are open BEFORE attempting to drive or walk here. We make every effort to keep the doors open and services available, but don't encourage folks to come down when roads and sidewalks are dangerous. Even if the doors are open, classes or activities might be cancelled.

A good rule of thumb: If Auburn Schools are cancelled; Senior Center classes, activities and the Catholic Community Services lunch program will be cancelled.

Note:
Threat of snow or icy roads may also result in cancellation of "Extended Hours" on Monday, Tuesday, and Wednesday evenings. Please call before you make a trip down

Coming Soon!

Rummage Sale
April 1 & 2

Easter Lunch
March 24

Special Luncheons

Birthday & Anniversary Celebrations

Are you celebrating a birthday or anniversary? We invite you to be seated, with your guests, at a special table where you will be treated to cake and ice cream and a special party favor. Couples celebrating 50 or more years of marriage will be treated to a free lunch. Sign up at the front desk to reserve your seat. When you sign up, let us know if you will have guests and how many. We will have flowers for our age 50 or over birthday celebrants and we will have roses for senior couples celebrating their anniversary, so be sure to tell us if you qualify.

Thursday, January 21 at 11:30 a.m.

Thursday, February 18 at 11:30 a.m.

\$3 suggested donation; \$6 for those under 60.

Sponsored By:



Canterbury House

Valentines Day Lunch & Dancing

Spend this day of love with a special person in your life. All are encouraged to invite a special guest to lunch. This is the perfect opportunity to let him/her know how much he/she means to you. Entertainment by Country Fever. Pre-purchase tickets at the front desk. Cost: \$3 suggested donation. Under 60 years of age \$6.

Feb 12

F

11:30a- 1p

50072



Special Events

Income Tax Preparation

Beginning in February and continuing until April 11th

AARP trained tax counselors will be on hand on Mondays to help complete your 2014 income tax forms. Call the Senior Center, (253) 931-3016 for an appointment. Sign up begins January 4th.

Special Class

Bible Study Interest Sheet

Are you interested in joining a bible study group?

This non-denominational group is open to all individuals who wish to learn more about the Bible. If interested please put your name on our interest sheet at the front desk.

Coffee Hour with the Mayor and Councilmembers

The Auburn community is growing and changing daily. To help keep you up-to-date and informed on issues, join us at a monthly coffee hour featuring specific Council members or the Mayor as the speakers. Topics include committees, upcoming projects, or Auburn's role in King and Pierce Counties. This is your opportunity to speak directly to your elected officials. Coffee and cookies will be served.

Please check with Front Desk at the beginning of the year for the 2016 schedule.

Cheryl Sallee Art Gallery January 6 – February 25

Elizabeth Bustamante



**CHERYL SALLEE
ART
GALLERY**

Classes and workshops

Fitness

Silver Sneakers - Healthways Membership

The Auburn Senior Activity Center is a Silver Sneakers site. This gives adults 65+ on Medicare with the following supplemental health plans: AARP Medicare Complete by United Healthcare, Asuris NW Health, Group Health, Health Alliance Medicare, Humana, Premera Blue Cross, Providence Health Plan, Regence Blue Shield of Washington and Soundpath Health, access to the following classes at the Senior Center for no cost. Silver Sneakers classes are available to all people age 50+ for a fee.

Silver Sneakers – Healthways Member 2016



Silver Sneakers Circuit

Get up and go with an aerobics class that's safe, heart-healthy and gentle on the joints. The workout includes easy-to-follow low-impact movement, and upper-body strength, abdominal conditioning, stretching and relaxation exercises designed to energize your active lifestyle. No class on January 18 and February 15. Instructor: Manon Brown

Jan 4-29	M,F	8:15-9:15a	\$20/\$25	50002
Feb 1-29	M,F	8:15-9:15 a	\$24/\$30	50073

Silver Sneakers Classic

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a Silver Sneakers ball are offered for resistance. A chair is available if needed for seated or standing support. No Class on January 18 and February 15.

Jan 4-29	M,W,F 2:30-3:30p	\$26/\$33	50074
Feb 1-29	M,W,F 2:30-3:30p	\$26/\$33	50075

Please Note!
All program instructors hired by the Auburn Senior Activity Center are independent contractors and the responsibility for the curriculum of the class rests with the instructor.

How to Read Class Information

AARP Driver Safety ← Class name

This nationally acclaimed course provides senior-aged drivers an opportunity to learn how to drive more efficiently and safely. ← Description

Jan 6-Apr 21 **T,W** **10a-3p** **\$68/\$85** **#31810**

↓ Date(s) ↓ Class Day(s) ↓ Class Time ↓ Auburn Resident/Non-Resident Fee



Hatha Yoga

A great way to relax and unwind from your day. In this class you will flow through poses using breathing techniques and meditation. Adapting each pose to your needs while developing strength, mobility and body awareness. Bring a yoga mat, water, a towel and any yoga props you own including blocks and a strap. Instructor: Erin Finney

Jan 6 - Feb 10 W 6:15-7:30p \$55/\$65 44320
Feb 17 - Mar 23 W 6:15-7:30p \$55/\$65 44321

Introduction to Tai Chi

Tai Chi students enjoy both mental and physical benefits including strengthening, flexibility and coordination. Students learn gentle exercises and the practice of individual movements. Instructor: Bortleson.

Jan 7 - Feb 4 Th 7:30-8:30p \$39/\$49 44324
Feb 18 - Mar 17 Th 6:15-7:15p \$39/\$49 44325

Intermediate Tai Chi

Students will start with gentle exercises and practice refining individual movements learned in the introduction class and gradually work into more advanced movements. Prerequisite: Introduction Tai Chi or permission of instructor. Instructor: Bortleson.

Jan 7 - Feb 4 Th 7:30-8:30p \$39/\$49 44328
Feb 18 - Mar 17 Th 6:15-7:15p \$39/\$49 44329

Dance

Bellydance

Middle Eastern bellydance is a low impact form of dance appropriate for all ages and body types and backgrounds. Learn the history, basic movements, isolation techniques and more. All shapes, body types and genders welcome. Come with a willingness to learn, laugh, have fun and make new friends. Second session will be a performance class, meaning at the last class participants will perform for invited friends and family. Participation in the performance is optional. Instructors Nona & Kiara. Location: Les Gove Multi-purpose Bldg.

Jan 6-Feb 10 W 6-7p \$45/\$57 44132
Feb 24-Mar 30 W 6-7p 45/\$57 44134

Line Dancing

Learn the joys of Line Dancing with Janie Redick. You will get some great exercise while having lots of fun. Wear lightweight comfortable clothes and leather soled-shoes(or shoes that are conducive to dancing). A water bottle is a good idea. Punch card can be carried over from one month to the next. No Class on March 31.

Instructor: Janie Redick

Jan 7- 28 TH 2-4p 50076
Feb 4- 25 TH 2-4p 50077
Mar 3-24 TH 2-4p 50078

Fee: 5 Visits \$26/\$33; 10 Visits \$47/\$59

Country Music Fever

Join us for free music and dancing on the 2nd and 4th Wednesdays of the month from 10-11:30 a.m. If you like music and dancing you will enjoy this drop-in opportunity. See you there!





Computers

Computer Use

The computer lab at the Senior Center is available for drop-in use. Computer time is limited to 120 minutes per day. Please see the front desk for a code to use the computers. Headphones are located at each computer.

Open Hours **Monday-Thursday: 8 a.m. - 9 p.m.**
Friday: 8 a.m. - 5 p.m.

Computer Tutoring

Do you have specific questions about how to use the Internet, Microsoft Word® or Excel®? Or have general questions about computers? Come drop by our open computer labs with tutor times? Do you have no computer experience and would like to learn how to use one? Then please see our Tutor on Thursdays.

Open Lab with Tutor (Subject to Change)

Mondays: 1:30-3:30 p.m. | Tuesdays: 12-2 p.m.

Wednesdays: 1-3 p.m. | Thursdays 10:30 a.m.-3 p.m.

Fridays: 10 a.m.-12 p.m.

Ipad Tutoring

If you have an Ipad and want to learn how to use it a little better bring it in between 10-11a on the 1st and 3rd Wednesday and one of our tutors will help you. Starts November 4.

1st and 3rd Wednesday 10-11a

Printing Fee

There is a fee to use the printer. You can purchase a printing card worth \$2.50 or \$5, or you can pay 10 cents per sheet, at the front desk for your printing convenience.

If you plan on downloading, creating or changing files of any type please bring a removable storage device, such as a disk or USB drive. **No personal files can be stored on our computers.** For your convenience CDs are for sale for \$1 each at the front desk.

Did You Know?

The King County Library in Auburn offers Computer Classes and up to 75 pages of free printing per week. Call 253-931-3018 for more information.

Academic

AARP Driver Safety

This nationally acclaimed course provides senior-aged drivers an opportunity to learn how to drive more efficiently and safely. Supported by the State, a reduction in auto insurance rates is mandated for individuals completing the course. Payment of \$20 is required the first day of class. AARP members will receive a \$5 discount if they have their membership card with the number. Make check payable to AARP.

Jan 25-26	M,T	8:30a- 12:30p	50022
Feb 22-23	M,T	8:30a- 12:30p	50023

Writing your Memoirs: Getting Started*

This free class will cover the following topics:

What is a memoir? How is it different from an autobiography?

- Why should I write my memoir? What will I get from it? What will others?
- Find my style – what will be the tone of my memoir?
- What do I have to say? Selecting a topic.

Each class will include a selected memoir reading and you will have time to write and share what you've written (if you want to!) Instructor: Lori Cain

* Pre-registration is required.

Jan 21 - Feb 25	Thursday	3-4:30	Free*	44126
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Digital Photography 101

How do I get great sunset photos when I'm on vacation? I have a nice camera, but why do I still get blurry photos of my kids? How can I take photos that aren't 'boring'? If you have ever asked yourself these questions, then Digital Photography 101 is the class for you. In this fun, entertaining 2 to 3-hour class, you will learn the basics of digital photography and how to get the most from your digital camera. This class is designed for beginning photographers who love photography, but just can't get off of the 'auto' setting on their camera. You will learn how to get properly-exposed photos, how to control how much or how little of your photo is in focus and how to create sharply focused or intentionally blurry action photos. Whether you like to photograph landscapes, people or sports, you will learn things that will make you a better photographer right away. Bring your point and shoot camera or digital SLR, owner's manual and a lot of enthusiasm and get ready to learn. The class will be comprised of both a lecture and hands-on practice. Instructor: Jeffrey Fong Location: Senior Activity Center

Ages: 13 & Older

Feb 17	W	6-8p	\$40/\$50	44255
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Geocaching 101

Geocaching is a real-world, outdoor treasure hunting game using GPS-enabled devices. Participants navigate to a specific set of GPS coordinates and then attempt to find the geocache (container) hidden at that location. Join us for a fun and informative time of learning the basics of geocaching and how Auburn Parks, Arts & Recreation is creating a great way to explore Auburn with friends, family or on your own in a fun new way. We will have 45 to 60 minutes of class room time learning the basics of geocaching and then take what we learned and spend another 45 to 60 minutes out looking for geocaches in one of our local parks.

Location: Veterans Memorial Park All Ages

Geocaching 101 (Individual)

Feb 20 Sa 1:30-3:30p \$10/\$13 44178

Geocaching 101 (Family)

Feb 20 Sa 1:30-3:30p \$15/\$19 44179

Contemporary Concerns

Reading and discussion of current topics: (1) Candidates for president (2) home safety in Auburn (3) school safety in Auburn (4) changing sexual mores (5) current political leadership in Auburn, Olympia and Washington D.C. (5) cybersecurity. (6) topics the students wish to discuss. Dr. Valentine has a B.A. from Whitman college, an M.A. in Political Science from the University of Washington, and a Doctorate in Education from Washington State University. Dr. Valentine has twice traveled in Russia, three times traveled in China, traveled in Vietnam, and visited 33 other nations. Text approximately \$25.00 No class on February 15.

Feb 1-29 M 1-3p \$29/\$36 50024

Spanish Study Group

Do you speak Spanish? Then we have a group for you. This group is meant for individuals who are interested in enhancing their language skills. Open to serious Spanish enthusiast who speak at an intermediate level. There is no charge to participate in the group. Facilitator: Ron Kusunose.

Thursdays, 10 a.m.-12 noon

Book Club: Auburn Senior Readers & Friends

Join our monthly book club. All are welcome.

1st Tuesday of every month 10 a.m. - 12 noon

Tuesday January 5

"The Shadow of Your Smile" by Mary Higgins Clark.

Tuesday February 2

"Killing Lincoln." by Bill O'Reilly.

Tuesday March 1

"Sweet Thunder." by Ivan Doig.

Art**Acrylics**

Take a journey with acrylics on the road to creativity. You will be guided in a fun class through the basics of this very versatile medium to achieve your goal of creating beautiful works of art. With 30 plus years of experience, Mary Wolfe will be your guide through the basics in a fun and lively class. There is an optional \$45 you can pay the instructor and she will provide art supplies for the duration of the session. Instructor: Wolfe

Jan 20-Feb 24 W 9a-12p \$36/\$45 44152

Mar 2-Apr 6 W 9a-12p \$36/\$45 44153

Watercolor

Come experience the joy and beauty of watercolor painting. Learn traditional and experimental watercolor techniques and application. Class includes demonstration, individual assistance, discussion and critique. Instructor continually introduces new methods and projects to expand student's knowledge for watercolor painting, while developing one's own style. Beginners - Intermediate. Supply list provided upon registration. Instructor: Iwasaki. No Class on February 17.

Jan 20-Mar 2 W 1-3p \$47/\$59 44147

Jan 20-Mar 2 W 6:30-8:30p \$47/\$59 44146

Mar 23-Apr 27 W 1-3p \$47/\$59 44151

Mar 23-Apr 27 W 6:30-8:30p \$47/\$59 44150

Introduction to Knitting

Students will learn how to knit, cast on, bind off, purl and a few other beginning techniques so that you can tackle many patterns in this fun and relaxed class. You will also learn how to shop for yarn and understand patterns.

Instructor: Reeves.

Jan 7-28 Th 6-8p \$44/\$55 44308

Feb 4-25 Th 6-8p \$44/\$55 44309

March 3-31 Th 6-8p \$44/\$55 44310

Intermediate Knitting

Students will learn how to knit, cast on, bind off, purl and a few other beginning techniques so that you can tackle many patterns in this fun and relaxed class. You will also learn how to shop for yarn and understand patterns.

Instructor: Reeves.

Jan 7-28 Th 6-8p \$44/\$55 44311

Feb 4-25 Th 6-8p \$44/\$55 44312

March 3-31 Th 6-8p \$44/\$55 44313

Daytime at a glance

FREE DAYTIME ACTIVITIES

Mah Jongg(Wright Patterson AFB Rules)*

Mondays: 10 a.m. - 2 p.m.

Scrabble®*

Mondays: 1-4:30 p.m.

Fridays: 1-4:30 p.m.

Canasta

Tuesdays: 9:30-11:30 a.m.

Bingo

1st & 3rd Tuesdays: 12:45-2:30 p.m.

Sponsored by Brannan Park Retirement

Table Tennis*

Tuesdays: 2-4:30 p.m.

Computer Tutor

Mondays: 1:30-3:30 p.m.

Tuesdays: 9:30-11:30 a.m., 12-2 p.m.

Wednesdays: 1-3 p.m.

Thursdays: 10:30 a.m.-3 p.m.

Fridays: 10 a.m.-12 noon

Music & Dancing* *(see page 13 for details)*

2nd & 4th Wednesday: 10-11:30 a.m.

Pinochle Parties*

Tuesdays: 12:45-3:30 p.m.

Thursdays: 12:45-3:30 p.m.

Contract Bridge*

Fridays: 10 a.m. - 12:30 p.m.

Monthly Book Club

(see page 14 for book choices)

1st Tuesday: 10 a.m.-12 noon

Free Movies

Wednesdays: 1 p.m. & 4:30 p.m.

Pool

The Pool Room is open Monday-Friday for drop-in play;

Friday tournaments 12:45 p.m.

1st Wednesday Scotch Doubles 12:45 p.m.

*** Please see calendar for dates that are unavailable.**

Gone to the Movies

Wednesdays: 1 p.m. & 4:30 p.m.

The Senior Activity Center is licensed to show free movies. Please join us for movies recently released to DVD and an occasional classic. Movies and refreshments sponsored by:



JAN 6

Water Diviner

(Rated R) Following the carnage of the Gallipoli campaign, an Australian farmer travels from his home Down Under to the battlefields of Turkey in an attempt to find his three sons, all of whom went missing during the conflict, starring Russell Crowe. 1hr 51mins.

JAN 13

The Longest Ride

(Rated PG-13) Told via concurrent stories that ultimately converge, this adaptation of the Nicholas Sparks novel follows an old man consoled by reminiscences of his late wife as he's trapped after a car crash, and a young couple falling in love in a nearby town starring Lolita Davidovich. 2hrs 8mins.

JAN 20 5

Flights Up

(Rated PG-13) Married for four decades, New Yorkers Ruth and Alex have had a wonderful life together -- most of it spent in their cherished Brooklyn walk-up. But now that it's time to sell, the universe seems determined to thwart them, starring Diane Keaton and Morgan Freeman. 1hr 32mins.

JAN 27

Cinderella

(Rated PG) In this live-action retelling of Disney's animated classic, young Ella escapes from a life of drudgery by way of a fairy godmother whose magic brings Ella face-to-face with the prince of her dreams, starring Cate Blanchett. 1hr 45mins.

FEB 3

War Room

(Rated PG) From the outside, the lives of Tony and Elizabeth Jordan appear perfect, but their marriage is in shambles. After seeking counsel from a wise older woman, Elizabeth realizes it will take a deep commitment to prayer to keep her world from crumbling starring Ben Davies. 2hrs 19mins.

FEB 10

A Walk in the Woods

(Rated R) Returning to America after living abroad many years, aging travel writer Bill Bryson decides to focus on his native land by hiking the length of the Appalachian Trail with his long-estranged pal Stephen Katz -- a tottering, wisecracking ex-alcoholic starring Robert Redford and Nick Nolte. 1hr 54mins.

FEB 17

Southpaw

(Rated R) With his unique and brutally effective boxing style, Billy has become a rising star in the fighting world. But when his wife's death sends the pugilist into a downward spiral, it will take a former boxer to intervene and remake Billy as a champion starring Jake Gyllenhaal. 2hrs 4mins.

FEB 24

Intern

(Rated PG-13) Agreeing to participate in a community outreach program, e-commerce entrepreneur Jules Ostin hires a 70-year-old intern -- who ends up bringing his special brand of business savvy to her fashion enterprise, starring Robert De Niro. 2hrs 1min.



Monday Social Dinners

2nd Monday of Each Month: 4:45-5:30 p.m.

Join us once a month for a delicious dinner. Leave the cooking to us and support the Wellness Team. Why not bring the whole family? All ages are welcome. To aid in planning, please pre-register by calling or stopping by the front desk. Cost is \$6 per person.

Monday, January 11:

Meat loaf, baked potatoes, vegetables, salad, and dessert.
Course # 44072

Monday, February 8:

Baked Chicken on mushroom rice, green vegetables, salad and dessert.
Course # 44073

Pinochle



Tuesday & Thursday 12:45-3:30 p.m.
Monday 5:45-9 p.m.

FREE EVENING ACTIVITIES

The Auburn Senior Activity Center is open for evening hours Monday– Thursday from 5–9 pm. Please join us for an evening of fun activities, play pool, use the computer, or simply relax and read a book by the fire.

Pinochle Parties*

Mondays: 5:45-9 p.m.

Mexican Train Dominoes*

Tuesdays: 5:30-9 p.m.

Wednesdays: 5:30-9 p.m.

Movies

Wednesday: 4:30 p.m.

Computer Lab

Open for drop-in use

Mondays: 5-9:00 p.m.

Tuesdays: 5-9:00 p.m.

Wednesdays: 5-9:00 p.m.

Pool

Open for drop-in play

Mondays: 5-9 p.m.

Tuesdays: 5-9 p.m.

Wednesdays: 5-9 p.m.

Pool Tournaments

Mondays: Straight Pool 6-9 pm

(sign up in the Pool Room by 5:45 p.m.)

Tuesdays: Ladies Pool 6-9 pm

(sign up in the Pool Room by 5:45 p.m.)

** Please see calendar for dates that are unavailable.*

Food and meals



Weekday Lunch Program

The Auburn Senior Activity Center hosts a weekday lunch program on site that is operated and managed by Catholic Community Services. Chef Peggy serves delicious, cooked from scratch, balanced meals in a welcoming dining room setting. All meals meet one-third recommended daily allowance for persons 60 years of age and older. Lunch is held Monday-Friday.

11:00 am - Registration Table Opens
11:30 am - Salad Bar Opens
12 noon - Entrée Served

Menu & Prices:

Entrée of the day:

\$3 suggested donation age 60 or over
\$6 under age 60

Salad Bar:*

Small side salad is included with your entrée
\$1 for a salad bowl
\$3 for a lunch plate-Entrée salad
* Single trip through.

All options include milk and coffee

Eat at the Center often? Age 60 or over?
Take advantage of a pre-purchase punch card!
5 meals: \$15 suggested donation
10 meals: \$30 suggested donation
20 meals: \$60 suggestion donation

The salad bar is supported by the City of Auburn Human Services, Canterbury House and Mike and Sharon Schooley. Personal donations are always accepted.

Coffee Bar

Coffee, tea, hot chocolate and spiced cider.

Suggested Donation:

.50 per cup
.75 per mug
\$1.00 per large travel mug
.75 bottled Water

Punch cards are available - 10 punches for \$5. Purchasers receive a free cup of preferred beverage for each punch card filled. While on duty, baristas punch cards for each cup. The Honor System is in effect for cash or punch cards during self-serve hours. Mini-Punch cards are available for those wanting to give or use single to 5-cup punch cards.

Assorted snacks available for \$1.

Meals on Wheels

Eligibility: 60 and over, and homebound (most days)

Cost: Suggested donation of \$3 per meal

Delivery: Weekly on Friday mornings
Seven frozen meals per order for delivery.

Nutrition Supplements

(Variety of Ensure® products)

Eligibility: 60 and over and homebound (most days).

The cost varies by product. We deliver weekly on Friday.

For details and/or applications, call Matt at 253-931-3016. Pierce County call 253-474-1200. or go directly to Senior Services at www.seniorservices.org/foodassistance/MealsonWheels to submit an application on line.



Senior Savers Pantry

All Seniors, regardless of income level, are welcome.

Shop for low-cost foods two days per month (see below). If you are new to the Pantry scene, what we do is purchase foods in bulk quantity at low prices and re-package them into individual sizes, and pass the savings on to you. A wide variety of items are available, such as cereals, grains, cheese, spices, raisins, juice, soup, etc.

February 2 is Groundhog Day! It is the midpoint between the Winter solstice and the Spring equinox. But most just celebrate the day by checking on the activities of the official groundhog, Punxsutawney Phil, who lives at Gobbler's Knob near Punxsutawney, Pennsylvania. Tradition has it that if the groundhog sees its shadow on February 2 it will be frightened by it and will return to its burrow, indicating that there will be six more weeks of winter. If it does not see its shadow, he comes out and we will know that spring is on the way. A great way to celebrate Groundhogs day is to make Groundhog cookies.

Spicy Groundhog Cookies

- 2 cups flour
- 1/2 teaspoon salt
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1 teaspoon ground cloves
- 1 teaspoon ground ginger
- 1 1/2 teaspoons cinnamon
- 1/2 cup soft butter
- 1 cup sugar
- 1/2 cup molasses
- 1 egg yolk
- Currants or raisins

Sift flour, salt, baking powder, baking soda and spices together. Set aside. Cream butter and sugar together until fluffy. Blend in molasses and egg yolk. Stir in flour mixture and mix well.

Form into a ball. Wrap in plastic wrap or wax paper. Chill overnight.

To prepare – For ease in rolling out, work with small amounts of dough at a time – topped with wax paper and roll dough 1/8 inch thick. Remove wax paper. Cut out cookies with lightly floured cutter. Or you can use your hands to roll into a ball and flatten on a greased cookie sheet.

Place cookies on greased baking sheet. Decorate by giving each groundhog a currant or a raisin for eyes and a nose.

Bake 8 to 10 minutes in preheated 350-degree oven.

Cool slightly before removing from cookie sheet.

Makes 12 to 15 large groundhogs or 3 to 4 dozen small cookies. Put cooled cookies in sealed container with a slice or 2 of bread to soften, if desired.

Thursday, January 7, 9am- 1 pm

Friday, January 8, 9am- 12 noon

Thursday, February 4, 9am-1pm

Friday, February 5, 9am-12 noon

Thursday, March 3, 9am-1 pm

Friday, March 4, 9am-12 noon

*Senior Savers Pantry offers
over 60 different spices.*

Volunteers

Senior Center Advisory Council

The Senior Center Advisory Council is a diverse group of Center participants who meet with staff monthly to brainstorm ideas on center operations and services, review Wishing Well suggestions, brainstorm solutions to problems, etc. Current minutes and Wishing Well suggestions are posted on the Advisory Council Bulletin Board. Check it out. Meetings are the third Tuesday of each month at 10:00 a.m. All are welcome. *Interested in serving on the council? See Radine.

Tuesday, January 19 at 10 a.m.

Tuesday, February 16 at 10 a.m.

Volunteer News

Birthday Treat for volunteers!

If you volunteered at least five hours at the Senior Activity Center the month prior to your birthday, you will receive a complimentary, regular lunch certificate through the mail. Have we missed you or a friend? Let Radine know. You may use your certificate for the birthday celebration or for any lunch during the month of your birthday.



Volunteer Opportunities

Below are some of the current volunteer needs at the Auburn Senior Activity Center. Where might your time and talents fit? Stop by or call for an appointment with Radine to learn more.

Respite/Adult Day Care:

Fridays, 10 a.m. – 3 p.m.

Assists staff in providing companionship, activity support and assistance to participants and families.

Noon Meals: Weekdays, 10 a.m. – 2 p.m.

Many different opportunities including but not limited to dining room set-up, lunch registration, meal preps, salad bar prep, dishes, clean up

Senior Savers Pantry: 1st W-F, monthly, 9 a.m. – 1 p.m.

Package, divide, set up and sell food.

Meals on Wheels: Days and times vary according to duties

Options: Prepare and pack meals, deliver meals to participants.

Barista: Weekdays, 8:30 a.m. – 12 p.m. or 12-3 p.m.

Make and serve coffee and other beverages. Visit with customers.



Host/Hostess: Weekdays, 9 am – 12 p.m. or 12-3 p.m.

Greet participants, get people to register, give directions and center tours.

Health and wellness

Wellness Team

Wellness Team Meetings

The Auburn Senior Wellness Team supports the Senior Activity Center by providing a monthly social dinner, offering an annual wellness fair, and by volunteering at a variety of community special events. They meet once a month on the first Tuesday at 9:30am. See Rocky for more information.

Foot Care

Foot Care provided by Karen's Foot Care

A licensed Nail Care Technician, Karen Poppleton has provided foot care at the Center for over 10 years. You must bring a towel to the appointment. You can make a foot care appointment up to four months in advance. Call the Center to book an appointment or book your next appointment with your nail care technician at the time of service. Do you need a scholarship for foot care? Ask your foot care provider.

Mondays: By Appointment Only

Call 253-931-3016

Fee: \$27

Blood Pressure Screenings

Cantebury House offers free blood pressure checks at the Senior Center each month.

Monday, January 25, 11 a.m.- 12 p.m.

Monday, February 22, 11 a.m.-12 p.m.



Massage

Leslee Jo provides therapeutic massage by appointment at the Auburn Senior Activity Center. She has 25 years of experience as a Massage Therapist. Experience the benefits that therapeutic massage has to offer. Massage is proven to improve your overall health and may decrease chronic pain. Appointments for the next four months can be made at the front desk.

Tuesdays: By Appointment Only

Fridays: By Appointment Only

Fee: \$20 for 15 min., \$33 for 30 min. and \$53 for 60 min.

Dental Services

Taking good care of your teeth and gums is important for your mouth, your overall health and self esteem. Darcy Spencer-Wenger, a dental hygienist, from *Healthy Smiles* is at the Center the 3rd Thursday and Friday of each month to offer her services. Services include: full scale teeth cleaning, cleaning of dentures and partials, application of fluoride varnish, assessing oral health, measuring the gum pockets, oral hygiene instruction, and referrals to local dentists and specialists. Please call for an appointment. You must be over age 50 to use this service.

Thursday, January 21 & 22

Thursday, February 18 & 19

By Appointment Only

Fee: \$79

Health services include foot care, seasonal flu shots, blood pressure screenings, massage, dental services, and more.

Support services for seniors

Auburn Respite Care Program

This is an adult day care that meets every Friday from 10 a.m. - 3 p.m. at the Auburn Senior Activity Center. Caregivers are able to bring family members with Alzheimer's, Parkinson's, stroke or frail health for a day of socialization, companionship, music, activities and lunch. Volunteers at the program provide one-on-one care for the seniors participating in the program.

For those seniors who are unable to utilize the senior center on their own and have special needs, the Respite Program may be just what you're looking for. Call Sheila Pankratz at 253-229-7510 for more information. There is a nominal fee, which may be negotiated upon request. We're always looking for new volunteers too.



Free Tickets

The Senior Center has free tickets to the Woodland Park Zoo and the Seattle Aquarium. Stop by the front desk to pick up tickets. Tickets are for seniors only.

Loan Closet & Library

Need a walker, cane, wheelchair, bath chair or crutches for a short time? Check at the Senior Center; we have some to lend.

The Senior Center also offers books and dvds for loan to seniors and always appreciates book and movie donations.



Community Support Groups

Alzheimer's Association Support Group

Caring for someone with memory loss? Alzheimer's Association caregiver support groups provide a consistent and caring place for people to learn, share and gain emotional support from others who are also on a unique journey of providing care to a person with memory loss. A free information and support group for unpaid care partners, family members and friends is held on the 1st Tuesday of each month from 12-1:30 pm at Church of the Nazarene, 1225 - 29th ST SE, Room 15, Auburn WA, 98002. For more information, contact the group facilitator, Val Brustad at 253-854-7658.

1st Tuesday of each month from 12-1:30 p.m.

Caregiver Support Group

Providing resources, education and support to family members and caregivers of those suffering from dementia and other illnesses.

Location: Multicare Auburn Medical Center, Cascade 1 Conference Room

Call 253-545-2894.

Free and open to the Community!

2nd Thursday of each month from 6:30-8:00 p.m.

Senior Support Services

Senior Support Services: help when you need it

Give us a call regarding senior needs, the Center serves as a key information and referral site for seniors. We offer many support services, including information on subjects such as social security; wills; health insurance; and tax counseling. We also maintain a loan closet for lending medical equipment to those in need.

Community Living Connections

Linking Seniors and Disabled to Personalized Care & Support Services.

Adults dealing with aging or disability issues now have easier access to services and information. Community Living Connections staff are highly trained and skilled at finding people the right kind of help, where and when they need it. 206-962-8467; 1-844-348-5464

Need help but don't know where to turn?

Dial 2-1-1 to be connected with the most comprehensive information on health and human services available to King County residents. 211's Information and Referral Specialists are experts in understanding the eligibility requirements of many human service systems. They are experts on food, shelter, housing, rent and utility assistance, legal assistance, financial assistance, governmental assistance programs, health care, employment, education and family support programs. Whatever your questions, call us so they can help.

Veteran Services

The Veterans of Foreign Wars provide a service officer on site at Auburn Senior Activity Center to assist eligible veterans, and surviving spouses/family members in applying for Federal Veterans Administration benefits. This includes service-connected disability benefits, surviving spouse benefits, burial benefits and Aid and Attendance Benefits for the disabled and elderly. To schedule an appointment contact Cindy Kartes, VFW, at 253.205.5883.

Hyde Shuttle

The Hyde Shuttle is a free neighborhood van service for seniors age 50 and older and/or people with disabilities living in Auburn. You can ride anywhere within the city limits. Sign up by phone, no forms to fill out, lift-equipped vehicles, call up to 30 days in advance, donations welcome. Call 206 727 6262 to make your reservation.

Welcome Home

King County residents recently discharged from a hospital or other inpatient facility are eligible to receive 10 home delivered meals within 24 hours from discharge. This service is free to those who qualify. Call 206-957-1686 to apply.

Senior Rights Assistance Program - Estate Planning Information

Diana Paris, SRA volunteer, is trained to provide guidance and information in the following areas: wills, power of attorney, living will, living trust, community property agreements, and/or probate. Call for an appointment, available once a month, on the third Wednesday.

Wednesday, January 20

Wednesday, February 17

Statewide Health Insurance Benefits Advisors (SHIBA)

Chuck Wright, trained SHIBA volunteer, provides guidance and information in the following areas: Medicare, Medigap, Medicaid, long term care insurance, and group insurance. Call for an appointment, available once a month.

Thursday, January 14

Thursday, February 11

Hopelink's Getting Around Puget Sound (GAPS)

It is a free service which connects King County residents with the most current information about travel options available to them which includes trip planning, application process for RFPs (for seniors and people with disabilities) and covers King County Metro, Sound Transit and Link rail services as well as other free transportation services available to them in King County.

Third Wednesday's 10a-12p Free

King County Metro-Orca Card

If you are 65 years or older, you can receive your Regional Reduced Fare Permit as part of your Orca card for \$3 at Auburn Senior Activity Center. If you are under the age of 65 you can purchase an Orca Card when Metro is present at the Center. King County Metro is typically at the Center on the third Wednesday of the odd numbered months from 9:30-10:30am. Orca Cards can be reloaded here at the Senior Center when the Orca representatives are present or anytime at the Auburn Safeway. Please call the Senior Activity Center to confirm the date.

January 20, 9:30-10:30 a.m



Our brochure is available to be mailed for annual fee of \$12. Please call or stop by the front desk if you would like to have it mailed to you.

General information



Mayor
Nancy Backus

City Council

John Holman, Deputy Mayor
Claude DaCorsi
Wayne Osborne
Bill Peloza
Yolanda Trout
Rich Wagner
Largo Wales

Park & Recreation Board

Richard Artura
Joe Bauman
Greg Dobbs
David Domenowske
Vicki Gilthvedt
Michael Hassen

2015-2016 Senior Center Advisory Council

Ann Bayless
Freda Bingham
Robert Carney
Rosie Carolan
Florence Clark
Ethel Craven-Sweet
Bruce Kolsky
Rick Konkler
Sandre Maxwell
Bill Morchin
Charlee Olim
Amy Pethram
Margaret Pullar
John Rambur
Dee Taylor
Leonard Timmons

Parks, Arts & Recreation Department

Daryl Faber, Director

Auburn Senior Activity Center Staff

Radine Lozier

Senior Center Supervisor

Rocky Kirwin

Recreation Coordinator

Matt Davis

Recreation Specialist

Janet Koch

Office Assistant

Jessica Wiest

Facility Assistant

Peggy Strain

Nutrition Site Manager
Catholic Community Services

Useful Phone Numbers

Auburn Senior Activity Center253-931-3016

Auburn City Hall.....253-931-3000

Auburn Golf Course.....253-833-2350

Auburn Food Bank.....253-804-5696

Auburn Housing Repair.....253-931-3090

Auburn Library.....253-931-3018

Auburn Parks, Arts & Recreation.....253-931-3043

Auburn Police (Non-emergency).....253-288-2121

Auburn Valley Humane Society.....253- 249-7849

Non -Emergency Animal Control253-931-3062

Basic Cable Service Discount 253-931-4753 x2

Community Living Connections

King County 206 962-8467

Toll Free 1-844-348-5464

Energy Assistance..... 1-800-348-7144

Free Legal Services.....206-267-7070

Property Tax Deferral Program206-296-3920

Social Security 1-800-772-1213

Transportation

Access.....206-205-5000

Hyde Shuttle.....206-727-6262

King County Metro206-553-3000

Volunteer Transportation206-448-5740

Volunteer Chore Services 1-888-649-6850

White River Valley Museum253-288-7433



Follow the Auburn Senior Activity Center on **FACEBOOK** to keep up to date on all of the Center happenings.

Auburn Senior Activity Center
808 9th St SE, Auburn, WA 98002
253-931-3016
www.auburnwa.gov/seniors

Registration info.

4 FOUR WAYS TO REGISTER



Online You're First in Line

Online Registration: Fast, Convenient and No Extra Fees
www.auburnwa.gov/play

Please Note

Payment must be made when registering on-line, in person, by telephone, or by mail.

First Day of the "New Brochure Month" Registration Procedures:

- Walk-in, online and telephone registrations begin at 8:30 a.m. (number distribution begins at 8 a.m.)
- You may register yourself and two others for any activity, class, trip, special event, etc.
- The number system will be used for all walk-in and telephone registrations.
- Walk-in registrants may leave a completed form with attached number and check or credit card information or they may wait until their numbers are called and pay with cash as well.
- Telephone registrations will be assigned a number in the order in which the call is received beginning at 8:30 a.m.
- Registrants need to be patient; the number of registrations is heavy on the first registration day of the month in which the bi-monthly brochure is released.
- Mail In registrations will be processed after noon on the first working day of the registration month or the day received thereafter.

Refund/Credit Policies for Trips and Classes:

Following are summaries of refund/credit policies adopted by the Park Board. These policies will be in effect when participants cancel trips, hikes or classes. See Senior Center Supervisor with questions.

*For activities with a fee of **more** than \$5, a \$5 administrative fee will be charged if the person wants a refund check sent to him/her. For activities with a fee of **less** than \$5, credit will be placed on the individual's account for use toward the cost of a future activity. There will be no administrative fee charged for credits left on account or for credits transferred to another activity.

*Cancellations for any fee program must be made at least three (3) business days prior to the start of the program.

*Refund requests made after the activity has begun, due to illness or injury, must be made in writing and may be granted on a prorated basis when possible. Senior Center Supervisor must approve requests.

*If a participant is not satisfied with a class scheduled to meet four (4) times or more, he/she may, in writing, identify his/her concerns and request one of the following:

Repeat class at no additional cost.

Receive credit that may be applied to another activity.

Receive a refund with no administrative charge.

The written request must be received before the third scheduled session of the activity and must be approved by Senior Center Supervisor. This policy applies to programs except trips and tours, outdoor programs and all adult and youth team sports leagues.

1.



ONLINE:

Auburn at Play

On-Line visit

www.auburnwa.gov/play for 24-hour convenience to register with VISA/MasterCard.

2.

WALK IN:

Walk in registrations will be processed Monday through Friday, 8 a.m.-5 p.m. at the Senior Activity Center except on the first working day of the month. On the first working day of the month, we start assigning numbers on site at 8 a.m. See procedures at left.

3.



PHONE IN:

Telephone registration and sign-up for services will be accepted Monday through Friday, 8 a.m.-5 p.m.

253-931-3016

4.



MAIL IN:

Registrations will be processed after noon on the first working day of the registration month or the day received thereafter.

AUBURN SENIOR ACTIVITY CENTER REGISTRATION FORM



Participant Last Name		First Name	
Spouse Last Name (if applicable)		First Name	
Address		City	Zip
Home Phone (include area code)		Cell Phone (include area code)	
Email Address			
Participant Birthdate (MM/DD/YYYY)	Gender <input type="checkbox"/> Male <input type="checkbox"/> Female	Spouse Birthdate (MM/DD/YYYY)	Gender <input type="checkbox"/> Male <input type="checkbox"/> Female

ACTIVITY NAME & PARTICIPANT NAME	BARCODE NO.	ACTIVITY FEE
1.		
2.		
3.		
4.		
5.		
6.		
7.		

PAYMENT INFORMATION		PAYMENT TYPE: <input type="checkbox"/> CHECK/CASH <input type="checkbox"/> VISA <input type="checkbox"/> MASTERCARD <input type="checkbox"/> AMERICAN EXPRESS <input type="checkbox"/> DISCOVER	
NAME ON CARD		TOTAL DUE \$	
CARD NO.	3-DIGIT SECURITY CODE	EXP. DATE (MM/YY)	

Over 18 Participant Signature required –
 I am eighteen years of age or older, fully competent and I desire to participate in the City of Auburn's sponsored recreation activity of the above named activity(ies). I am fully aware of the fact that there are special dangers and risks inherent in this activity, including, but not limited to, the risk of serious physical injury, death or other harmful consequences that may arise or result directly or indirectly to me from my participation in this activity. Being fully informed as to these risks and in consideration of my being allowed to participate in the City of Auburn's sponsored activities and/or use of facilities, I hereby assume all risk of injury, damage and harm to myself arising from such activities or use. I also hereby individually and on behalf of my heirs, executors and assigns, release and hold the City of Auburn, its officials, employees, volunteers and agents harmless, and waive any right of recovery that I might have to bring a claim or a lawsuit against them for any personal injury, death or other consequences occurring to me arising out of my voluntary participation in this activity. I grant the City of Auburn the right and permission to use or copyright, and re-use, publish, or re-publish photographic pictures, video, electronic images or other reproduction taken during classes for publicity purposes by the Auburn Parks, Arts & Recreation Department.

Signature	Date
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Community Living Connections

Good news—Community Living Connections is now available throughout King County! Adults dealing with aging or disability issues now have easier access to services and information. Community Living Connections staff are highly trained and skilled at finding people the right kind of help, where and when they need it.

If you or someone you know is facing aging or disability issues, contact Community Living Connections:

206-962-8467
1-844-348-5464 (toll free)

All calls to the Community Living Connections line are free and confidential.

Our staff will help you figure out the kind of assistance that meets your needs. One of the many benefits of Community Living Connections is that we offer access to a network of services and providers close to your community.

Q&A

What is Community Living Connections?

It's a network of advocates for adults facing aging or disability issues. Community Living Connections provides anyone who calls a caring, highly-trained specialist who will give them easy access to information, individual consultation and service options. Often, we can connect people with services close to their home, reducing stress and travel time.

Who is able to receive help?

While our services are geared toward those needing help with aging or disability issues, Community Living Connections staff will help anyone who calls.

How reliable is your network?

Community Living Connections provides the most comprehensive, reliable network for aging and disability services in the King County area. Our highly-trained staff and network of providers are supported by a broad base of funders giving us the ability to offer people a variety of options for programs and services.

How much does it cost?

Calls are free and confidential.

How do I get help?

Call Community Living Connections at 206-962-8467 or toll free 1-844-348-5464.

2016 Senior Savers Pantry

January 7th and 8th	February 4th and 5th	March 3rd and 4th	April 7th and 8th
May 5th and 6th	June 2nd and 3rd	July 7th and 8th	August 4th and 5th
September 8th and 9th	October 6th and 7th	November 3rd and 4th	December 8th and 9th



All seniors welcome, regardless of income!

Thursdays, 9 a.m. - 1 p.m. | Fridays, 9 a.m. - 12 p.m.

Shop for a wide variety of items available at discount prices. Items include; cheeses, spices, cereals, grains, juice and soup.

Order ahead and save time.
Complete a form at the current Pantry and your order will await you the following month.

Auburn Senior Activity Center

Address: 808 Ninth Street SE, Auburn, WA 98002

Phone: 253-931-3016

